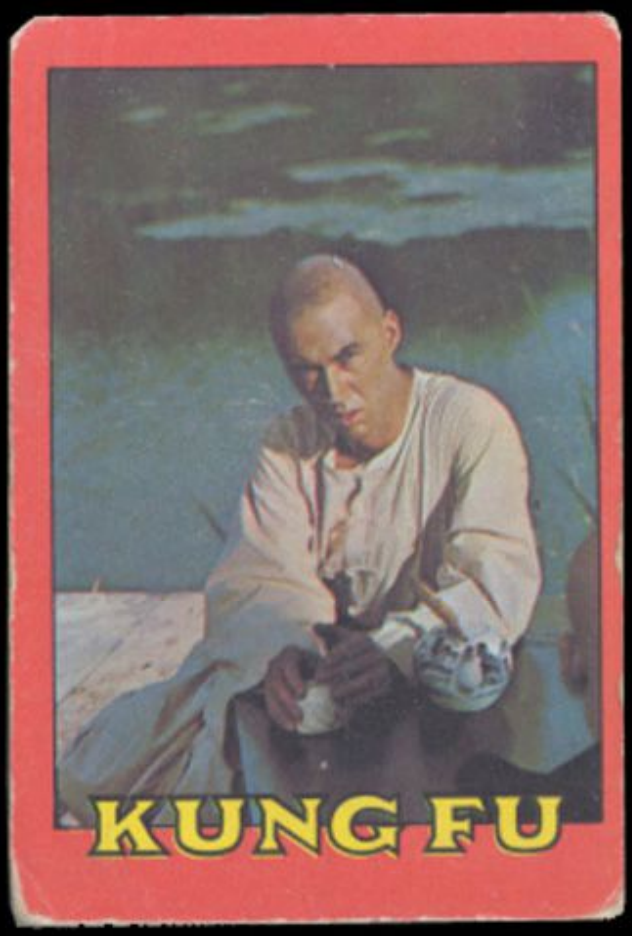
KUNG FU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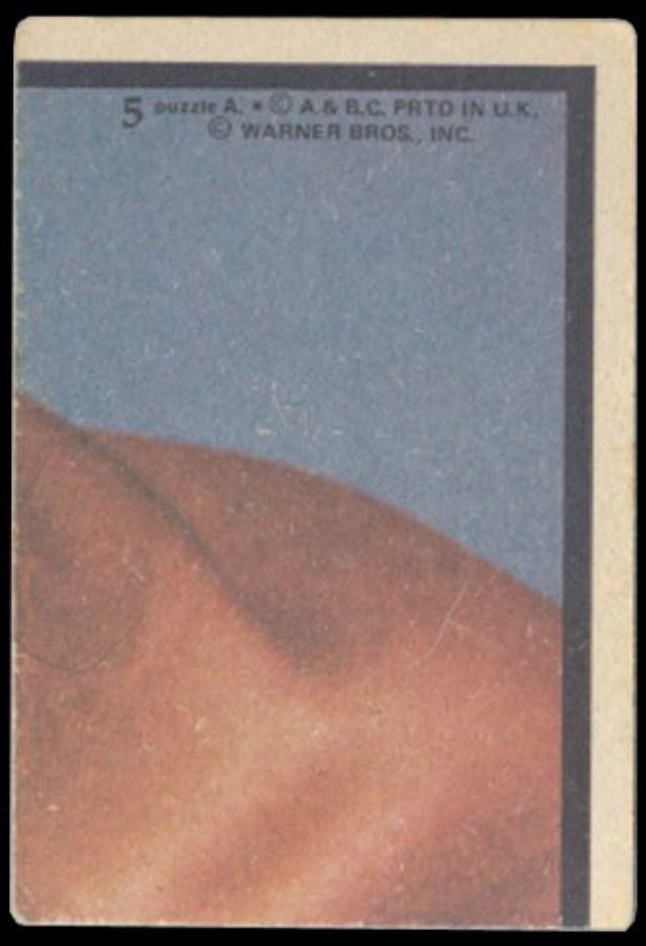
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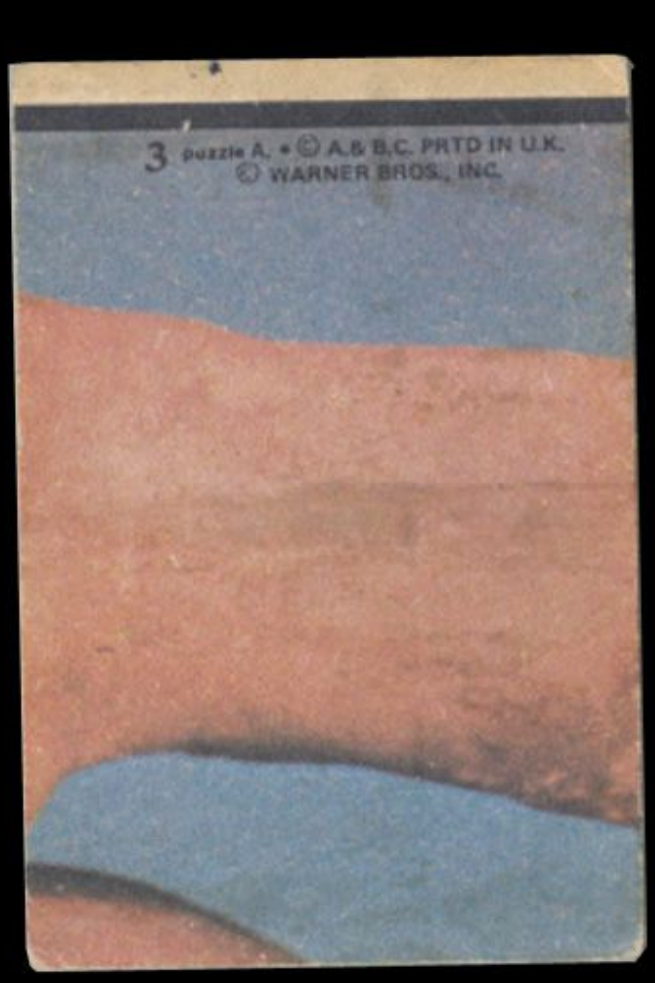
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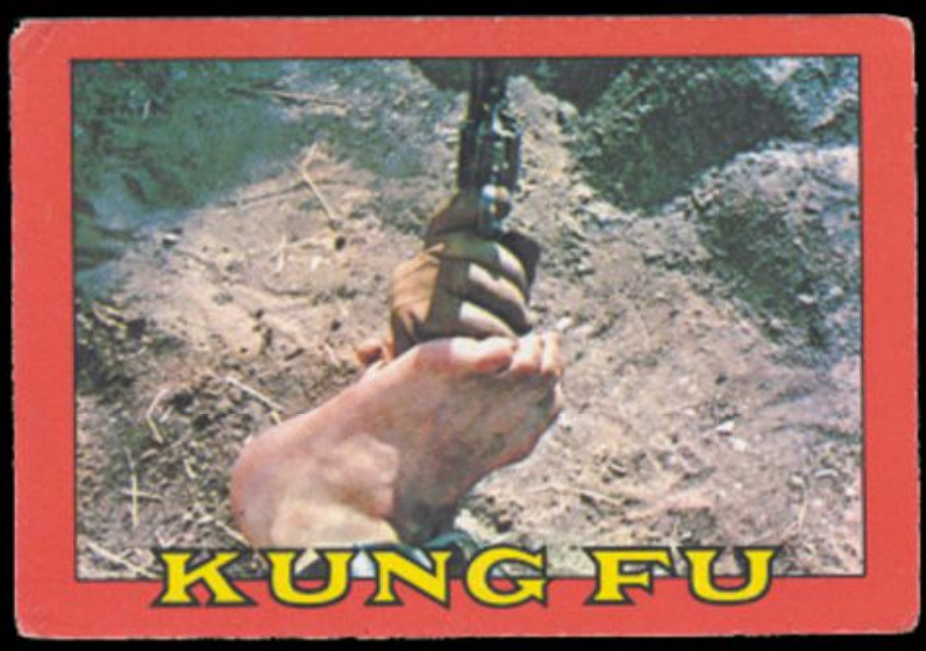
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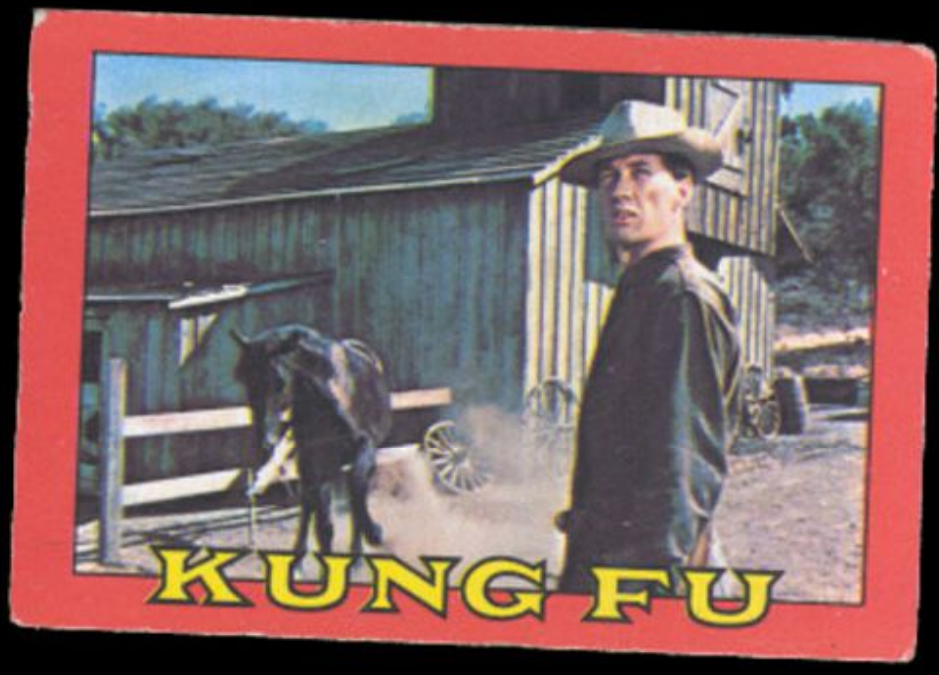
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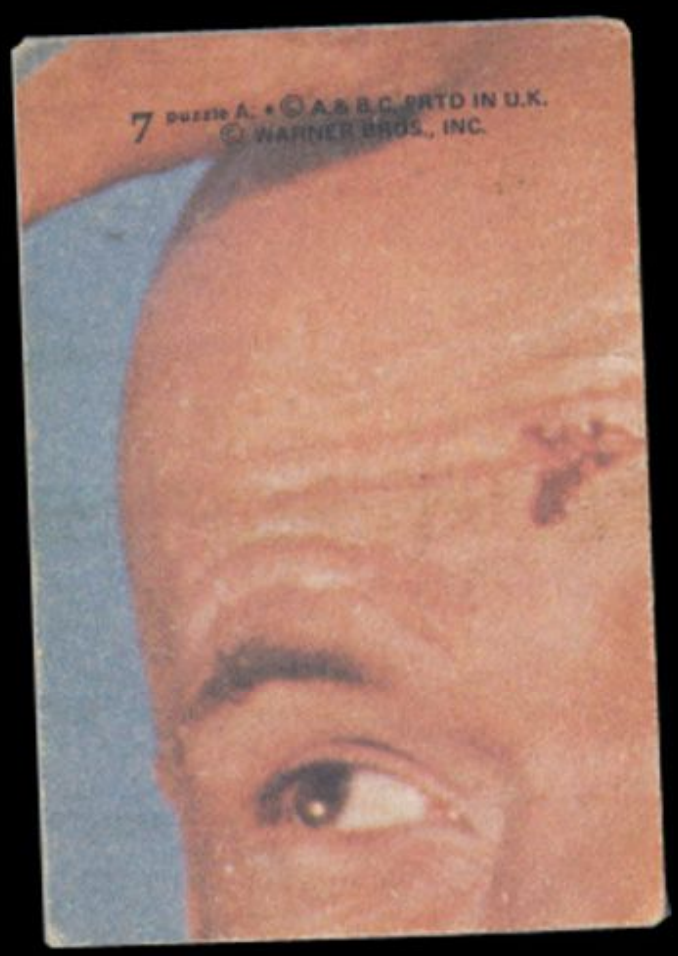
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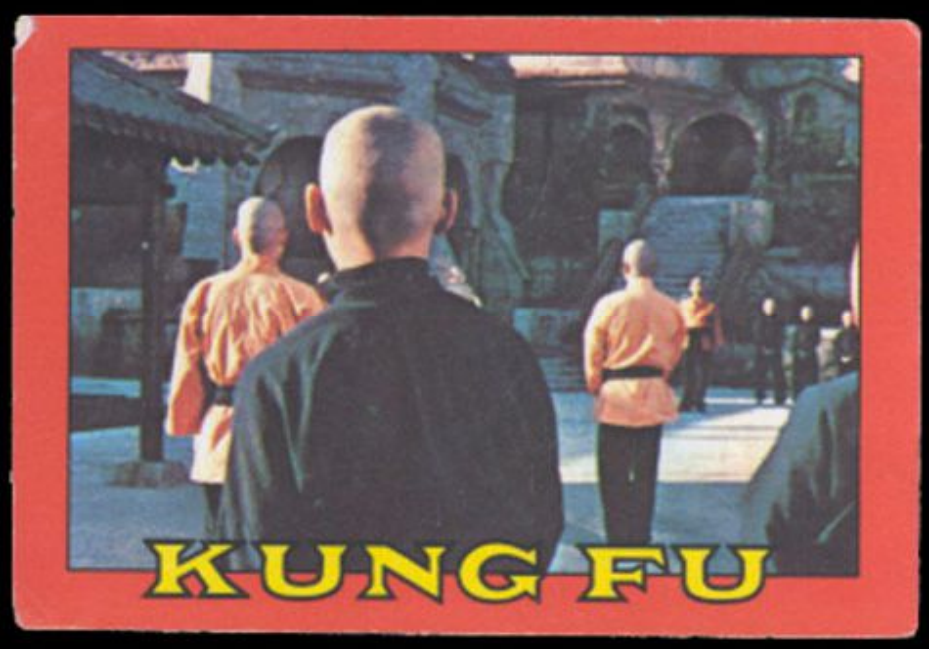
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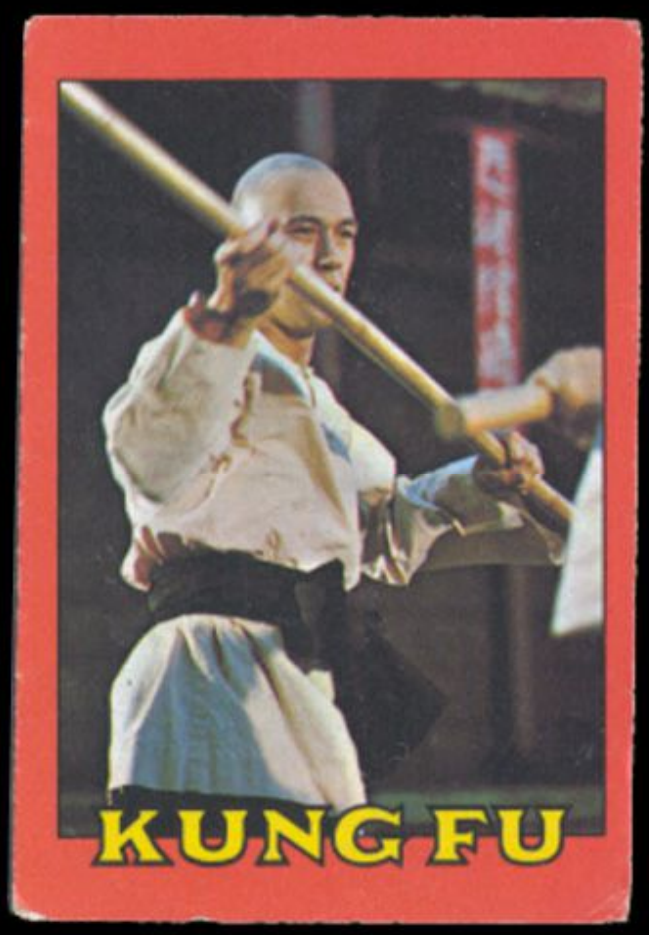
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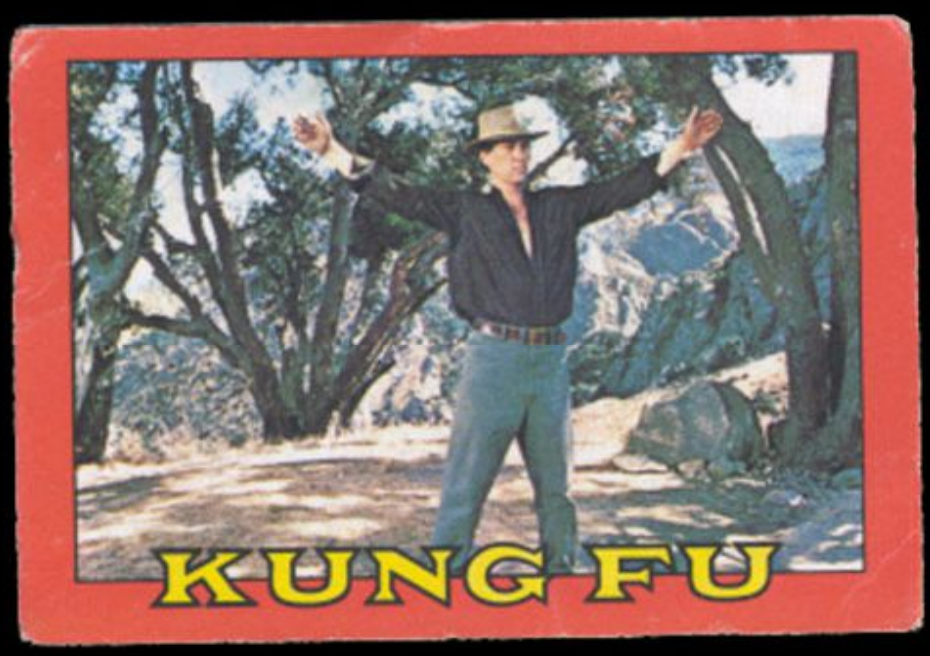
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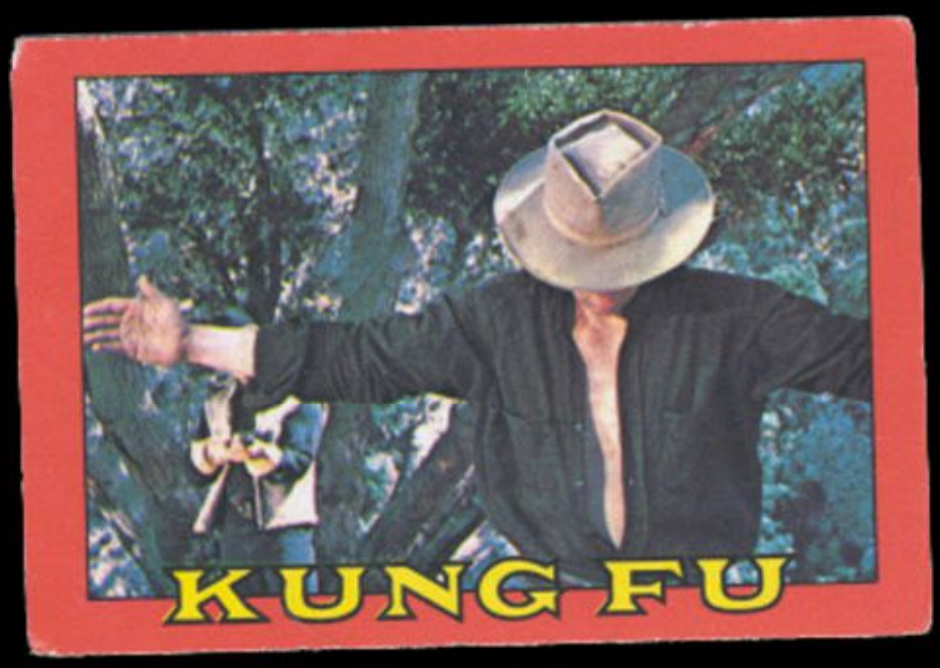
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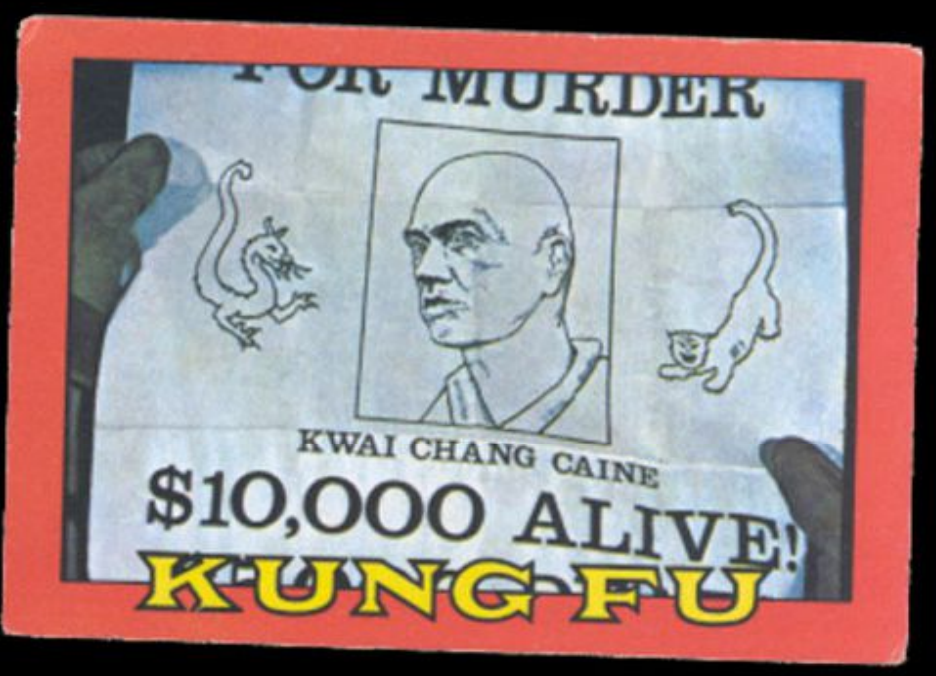
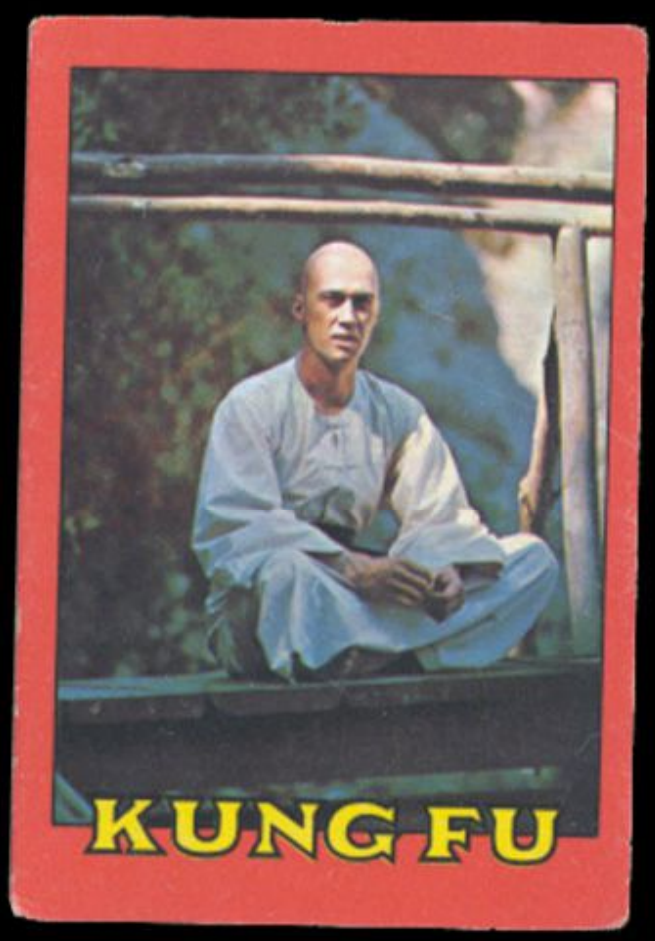

MURDER
KWAI CHANG CAINE
$10,000 ALIVE!
KUNG FU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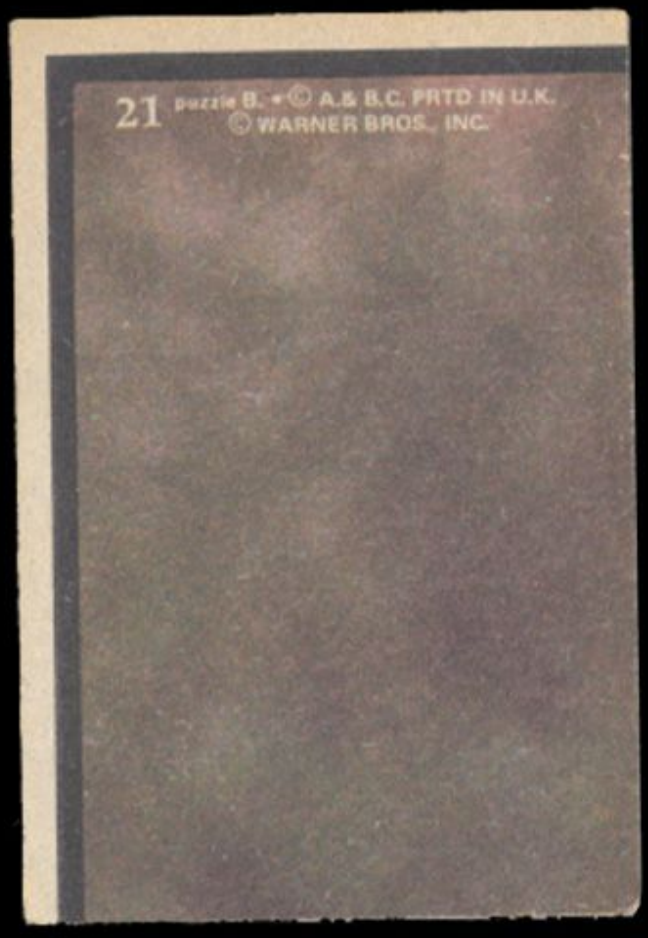
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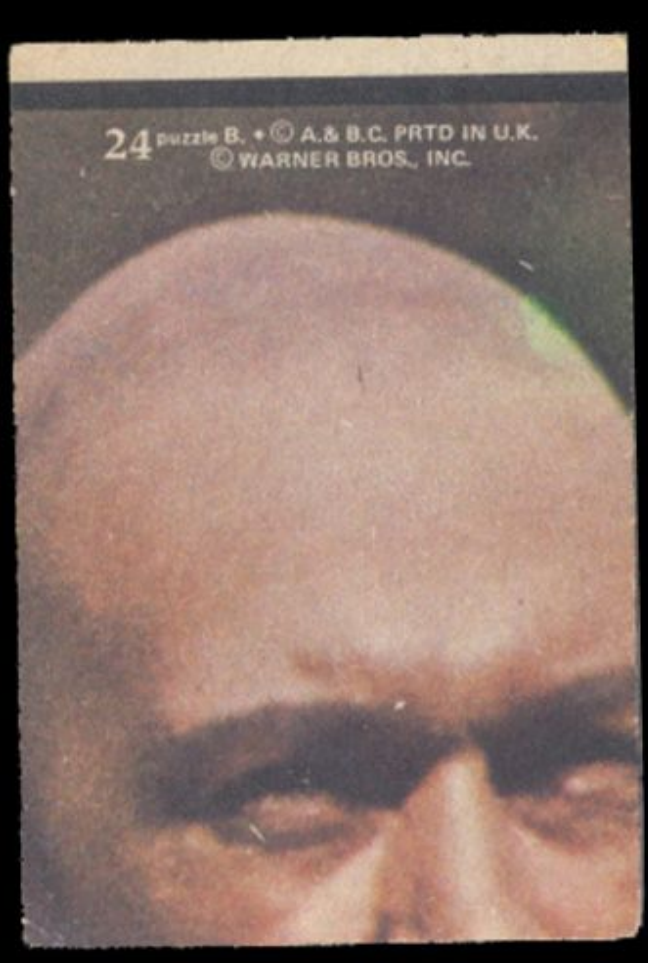
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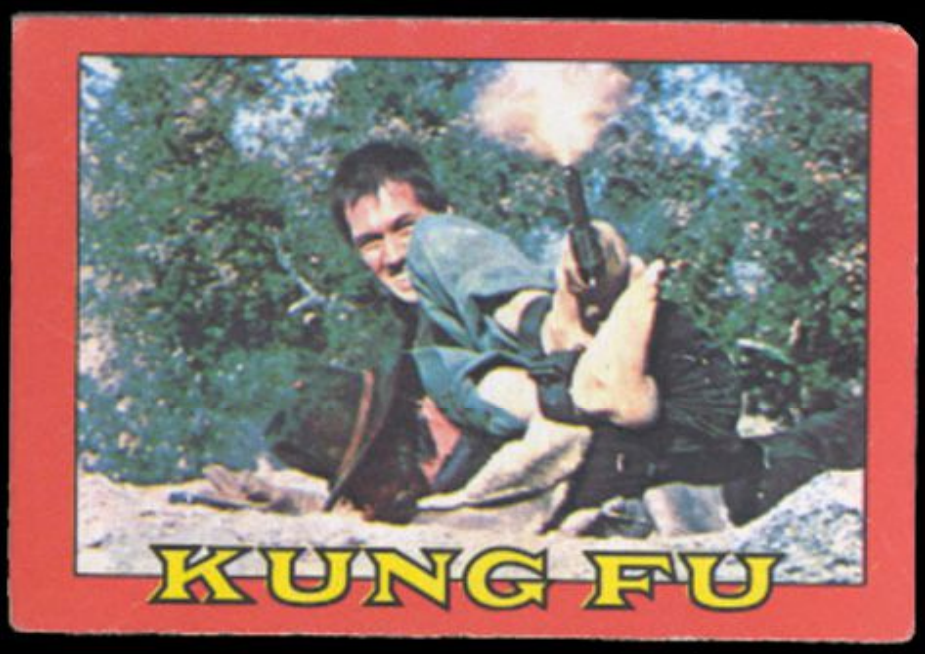
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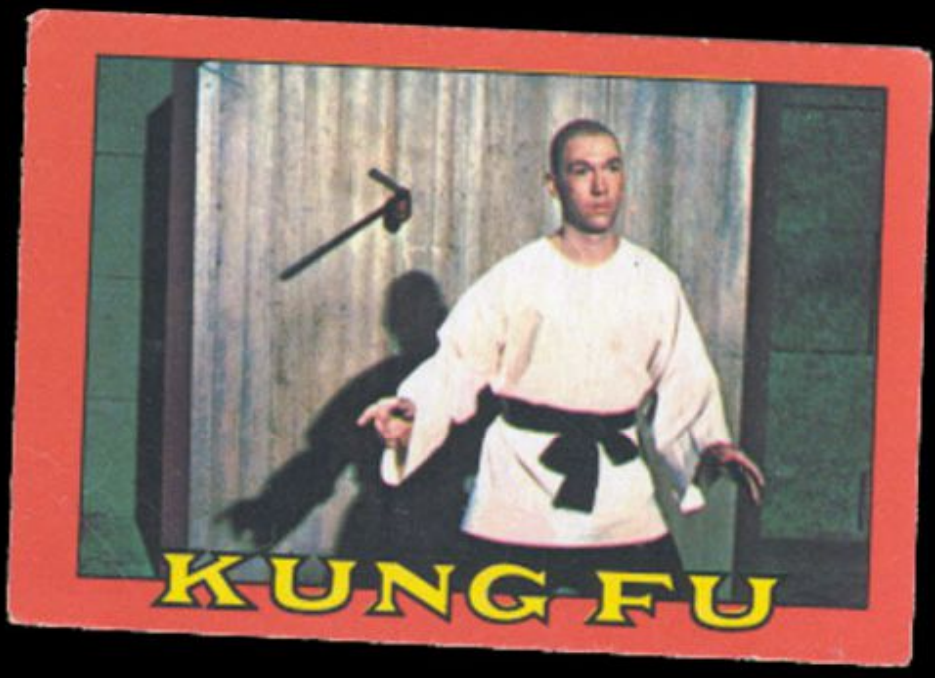
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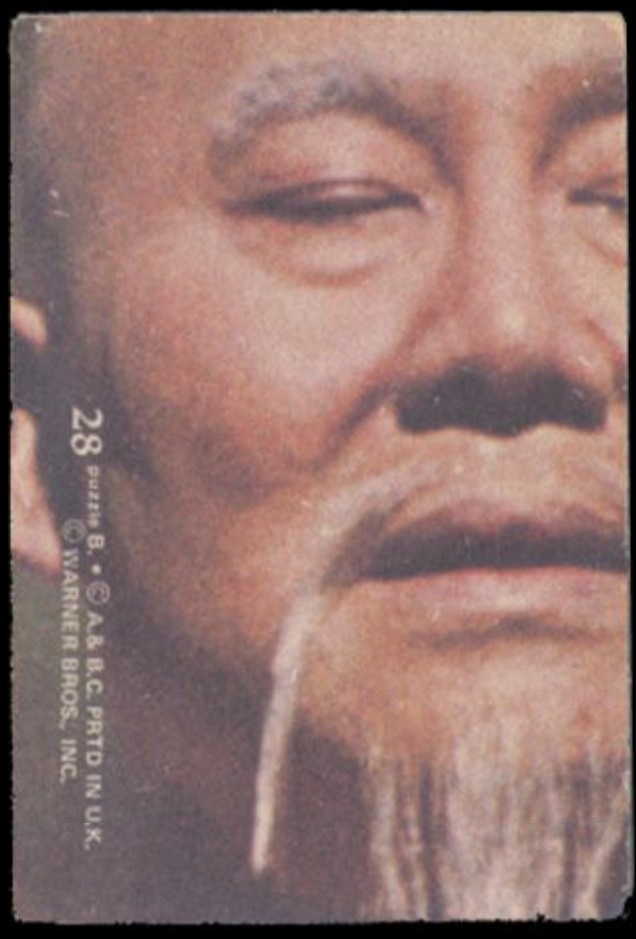
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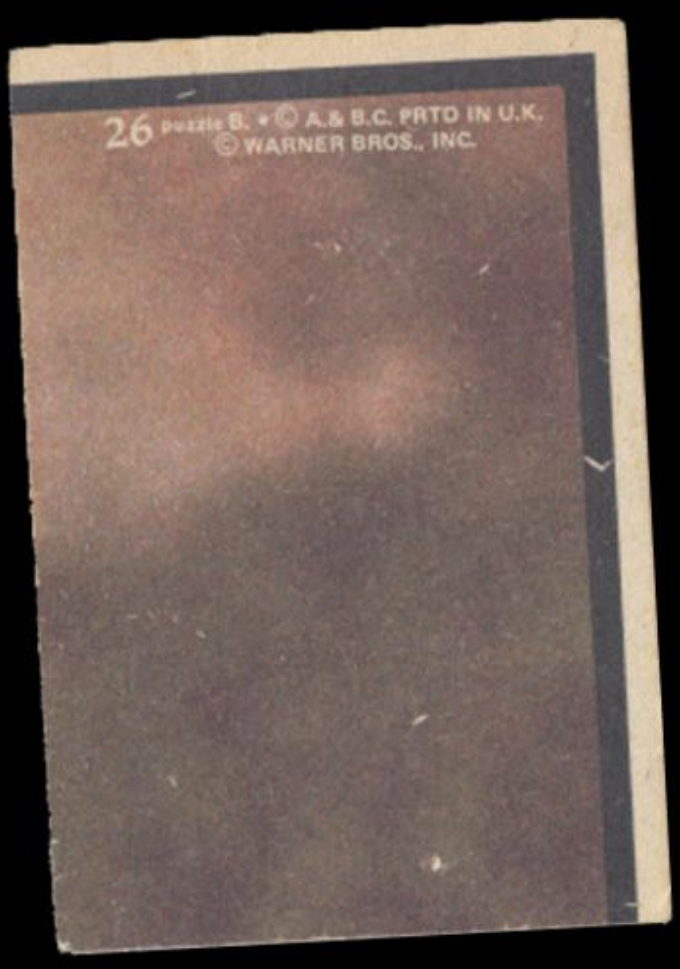
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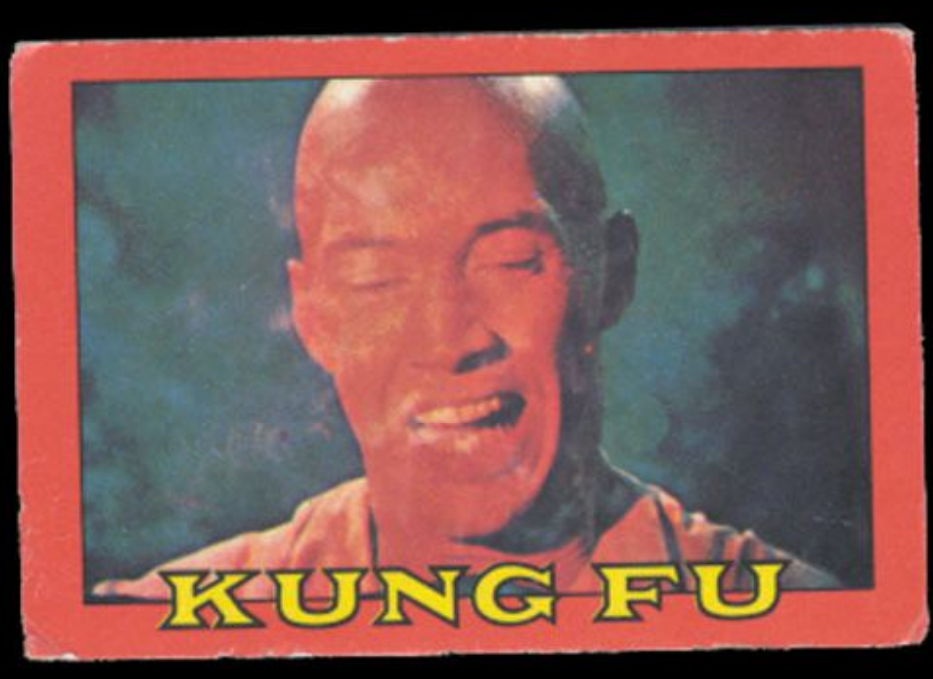
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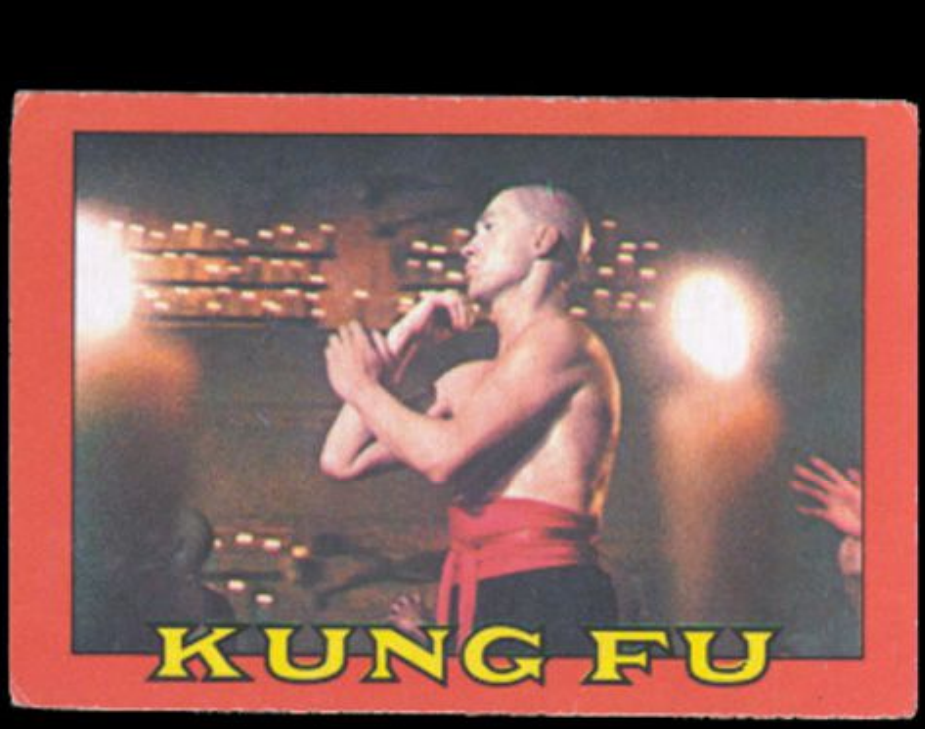
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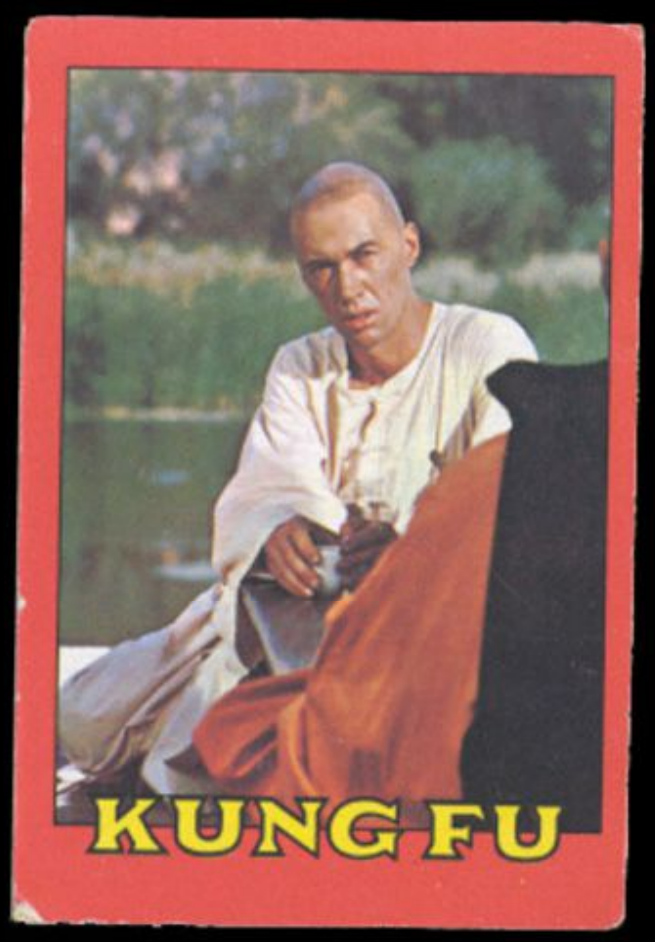
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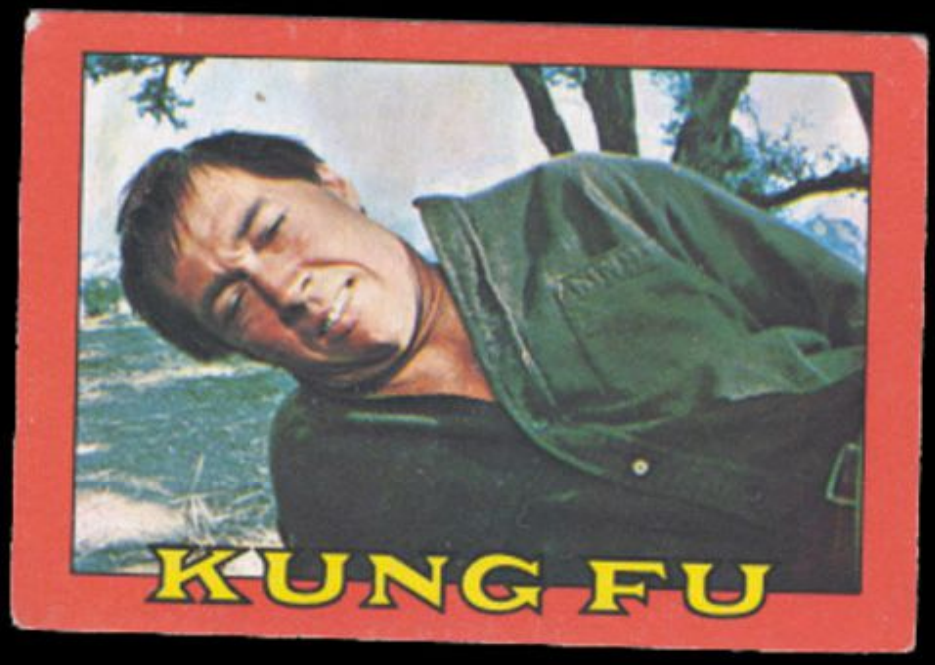
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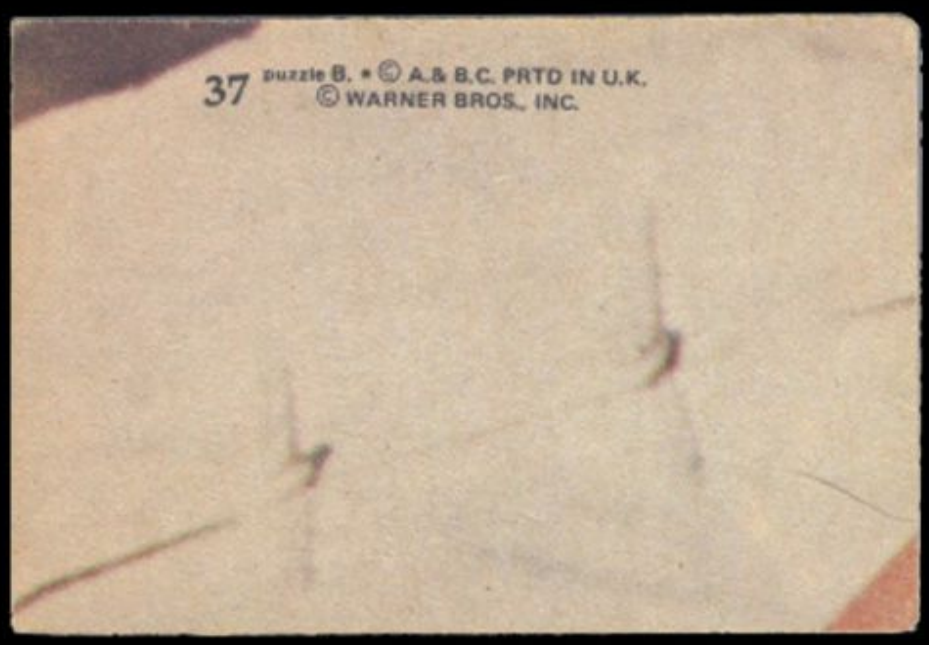
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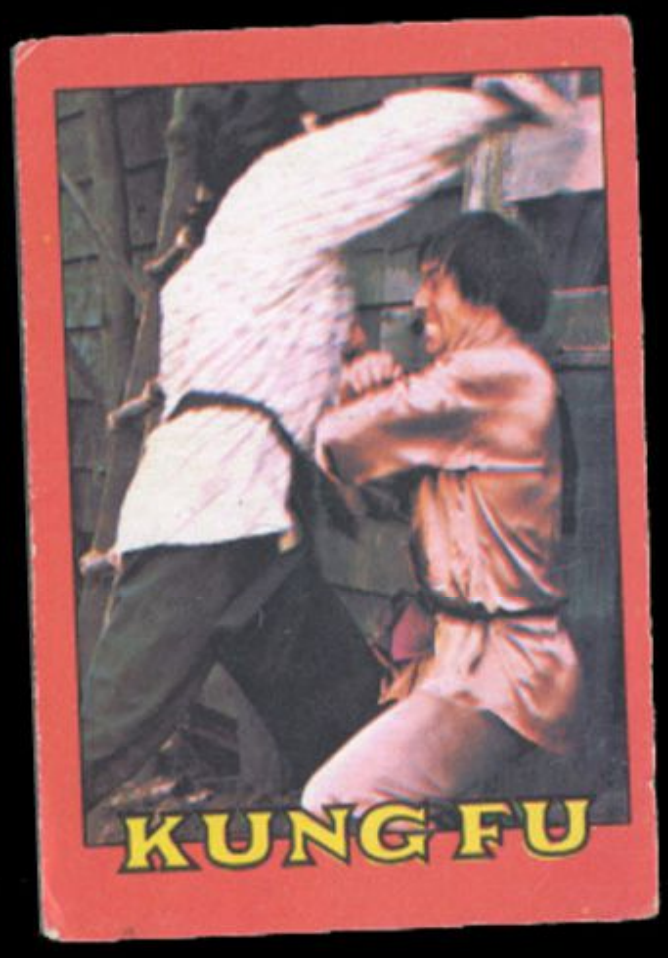
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KUNG FU
Kung Fu, until recently, was never taught outside the Chinese community. Even today, despite widespread interest because of the TV series, many Chinese Kung Fu masters are reluctant to teach their ancient art and see it exploited by Western culture.
CAUTION: Do not use Caine's combat techniques without professional training!
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THE KUNG FU ON-GUARD POSITION

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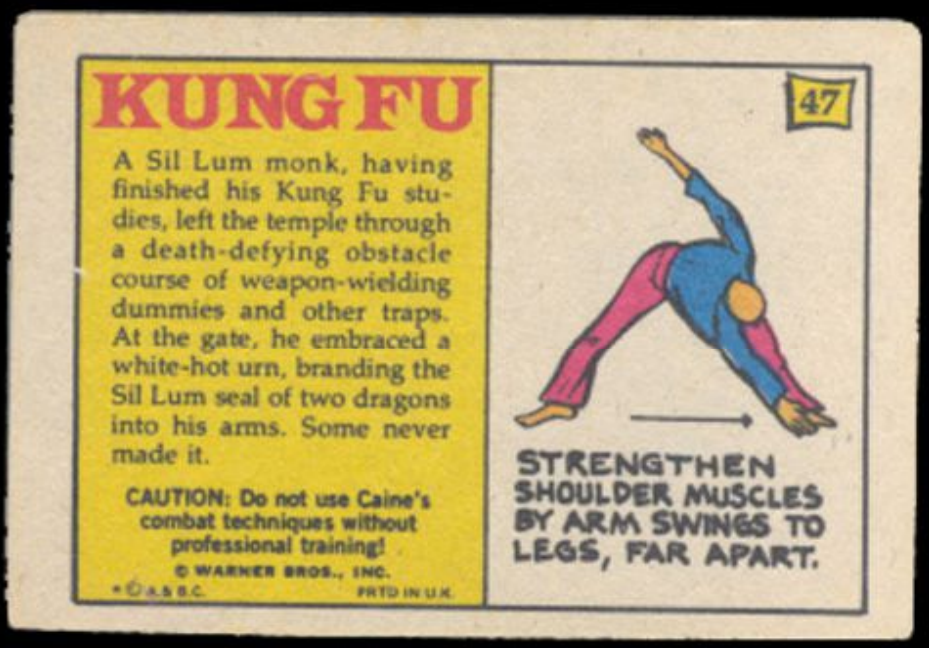
KUNG FU
A Sil Lum monk, having finished his Kung Fu studies, left the temple through a death-defying obstacle course of weapon-wielding dummies and other traps. At the gate, he embraced a white-hot urn, branding the Sil Lum seal of two dragons into his arms. Some never made it.
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STRENGTHEN SHOULDER MUSCLES BY ARM SWINGS TO LEGS, FAR APART.

KUNG FU
Kung Fu weapons used in the past include long and short swords, spears, bow staffs, the chain and sickle, knives, daggers, dirks, whips, axes and coins with sharpened edges. Traditional Kung Fu swords, made of red oak hardwood, have curved blades about 30 inches long.
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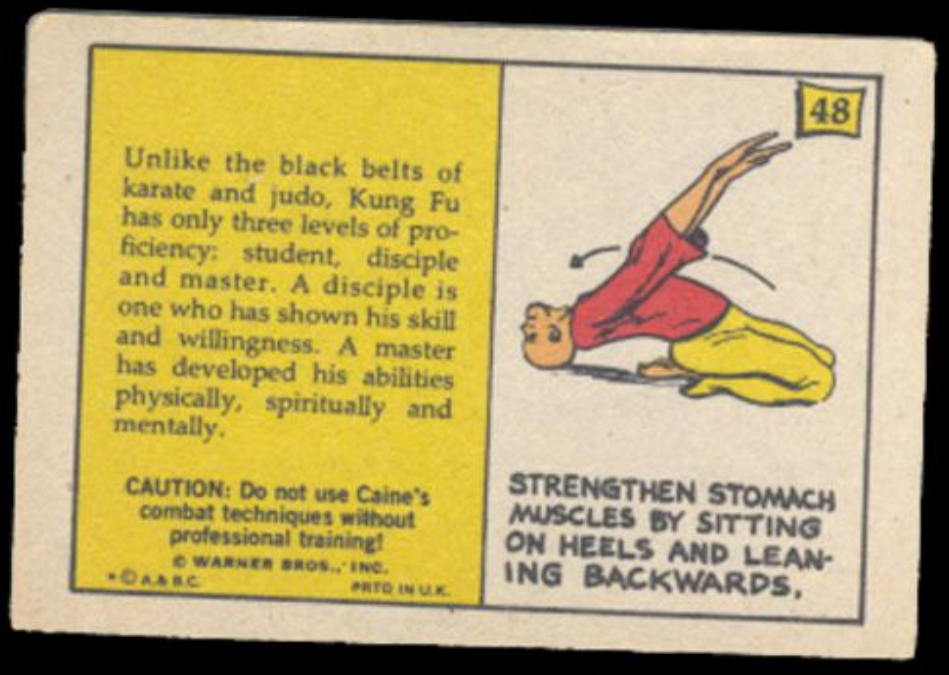
MAKE SPINAL COLUMN FLEXIBLE WITH THIS STRETCHING EXERCISE.


Unlike the black belts of karate and judo, Kung Fu has only three levels of proficiency: student, disciple and master. A disciple is one who has shown his skill and willingness. A master has developed his abilities physically, spiritually and mentally.
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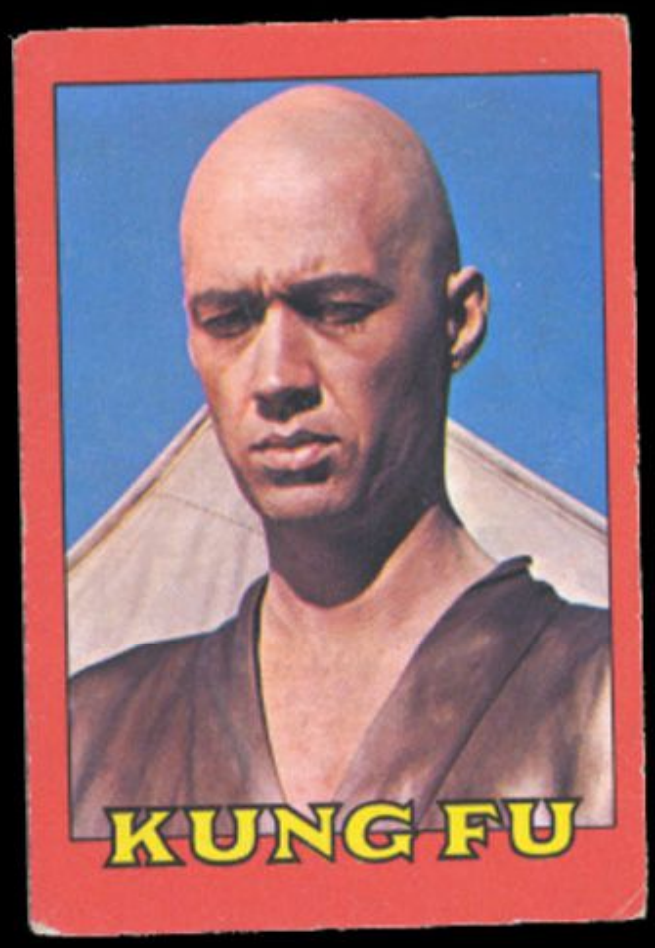
48
STRENGTHEN STOMACH MUSCLES BY SITTING ON HEELS AND LEANING BACKWARDS.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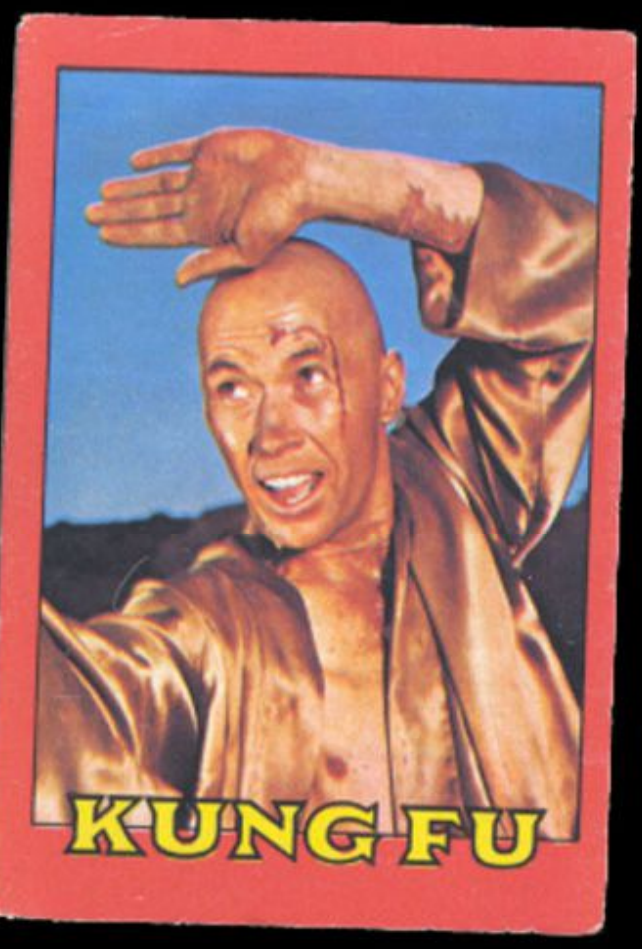
KUNG FU

KUNG FU

49

One of the strangest characters of the True West was a 13-year old girl nicknamed Little Dick who, in 1878, led a gang of 20 boys who tormented the Chinese. Little Dick claimed her idea of fun was to hang a Chinaman up by his pigtail and throw red pepper in his eyes.

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IN SHIFTING TO A NEW KUNG FU POSITION, ALWAYS LAND WITH FEET FLAT ON GROUND.

50

WISDOM OF KUNG FU

① One who stands on tiptoe is never steady.

●

② The tree that does not bend breaks easily.

●

③ The wise man works without recognition.

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KUNG FU

51

Tamo, the son of King Sugandha, created Kung Fu in 520 A.D. when he arrived in China. Tamo, also known as Bodhidharma, studied martial arts fighting techniques in his youth and was a member of a warrior caste. An old Zen master named Prajnatara taught Buddhism to Tamo.

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WHEN DOING A FALLING BACKWARD SOMERSAULT, KEEP HEAD TURNED TO ONE SIDE AND ARMS CLOSE TO SIDES.

KUNG FU

52

KUNG FU scriptwriter Ed Spielman, who learned to speak Mandarin Chinese at Brooklyn College, researched Kung Fu for seven years before writing his screenplay. "The fighting techniques are only for self-defense and to be used judiciously as a last extremity," says Spielman.

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A KUNG FU OPEN-HAND BLOCK

KUNG FU

53

Liang Kam Yuen, actor and Kung Fu instructor for ABC-TV, feels one should pick a teacher carefully, and says, "No responsible instructor would promise instant results." Scriptwriter Ed Spielman agrees: "This philosophy is not taught by the self-designated instructor."

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THE KUNG FU POSITION CALLED *LONG AND SHORT DRAGON HAND.*

54

WISDOM OF KUNG FU

① The blade which is oversharpened will soon be blunt.

●

② The more one gives to others, the more he has.

●

③ The foolish student laughs at knowledge.

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KUNG FU

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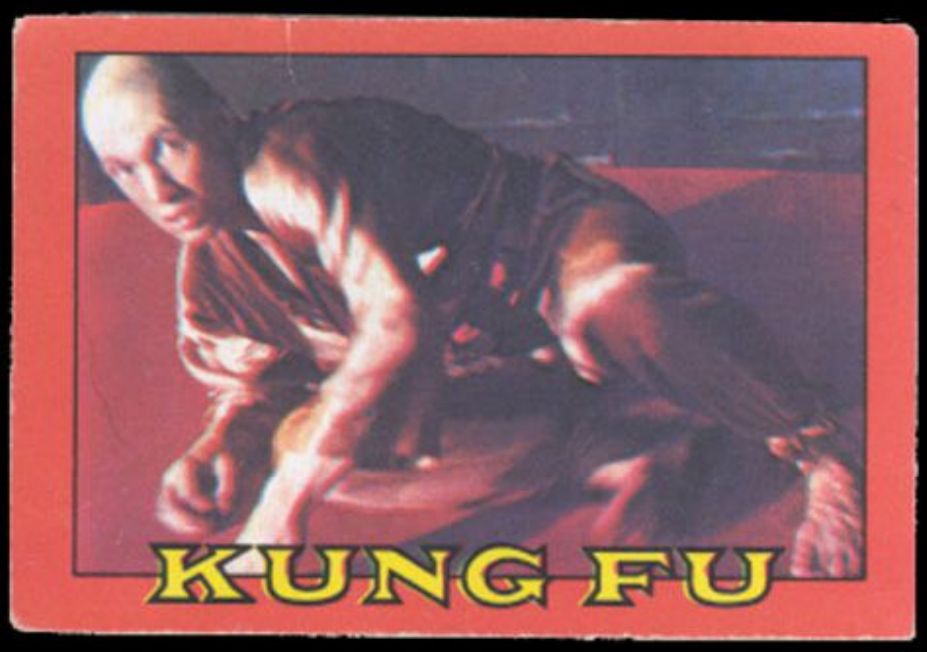
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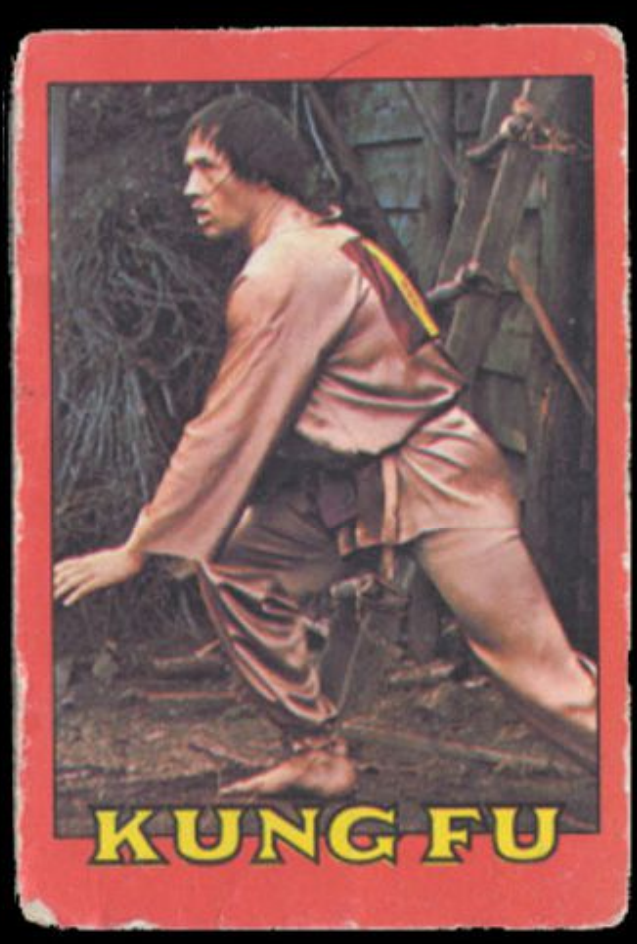
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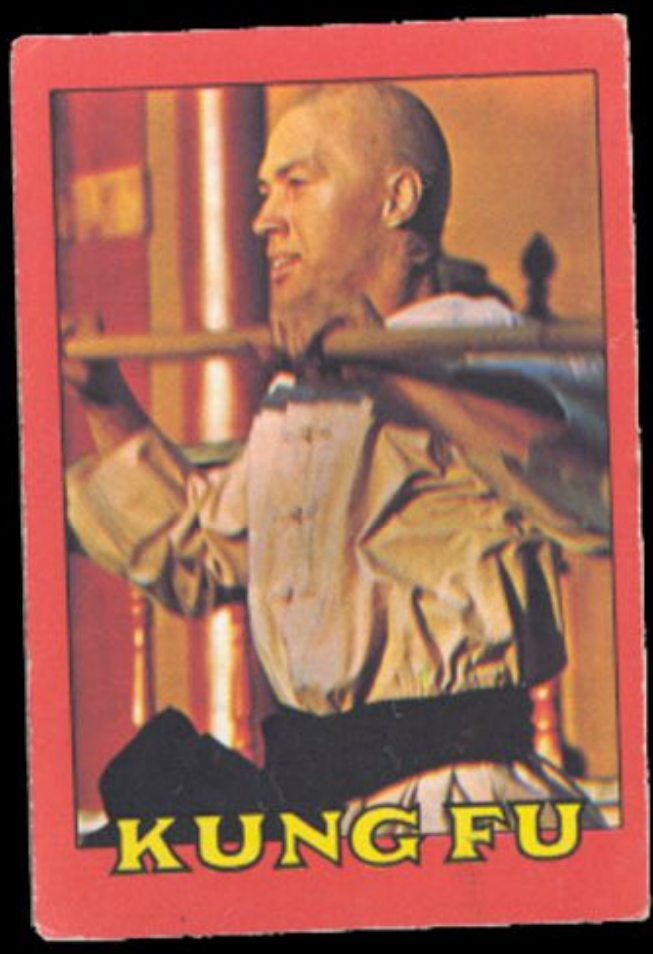
KUNG FU

55

WISDOM OF KUNG FU

① He who would lead must follow behind.

●

② One can see beauty only because there is ugliness.

●

③ The wise man is guided by what he feels and not what he sees.

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58

WISDOM OF KUNG FU

① Look for simplicity in the complicated.

●

② Persistence under difficulties will win advantage.

●

③ He who treads on the tiger's tail will be bitten.

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56

WISDOM OF KUNG FU

① Thorns grow where armies pass.

●

② The wise man avoids extremes and excesses.

●

③ Force is always followed by a loss of strength.

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59

WISDOM OF KUNG FU

① He who walls his house sees no one.

●

② One who does not boast receives recognition.

●

③ Great acts are made up of small deeds.

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WISDOM OF KUNG FU

① A contented man does not encounter disappointment.

●

② He who speaks at great length says little.

●

③ He who has no trust will never be trusted.

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WISDOM OF KUNG FU

① A good door is never locked, but still it cannot be opened.

●

② The simplest things are the most difficult to see.

●

③ What is planted firmly cannot be uprooted.

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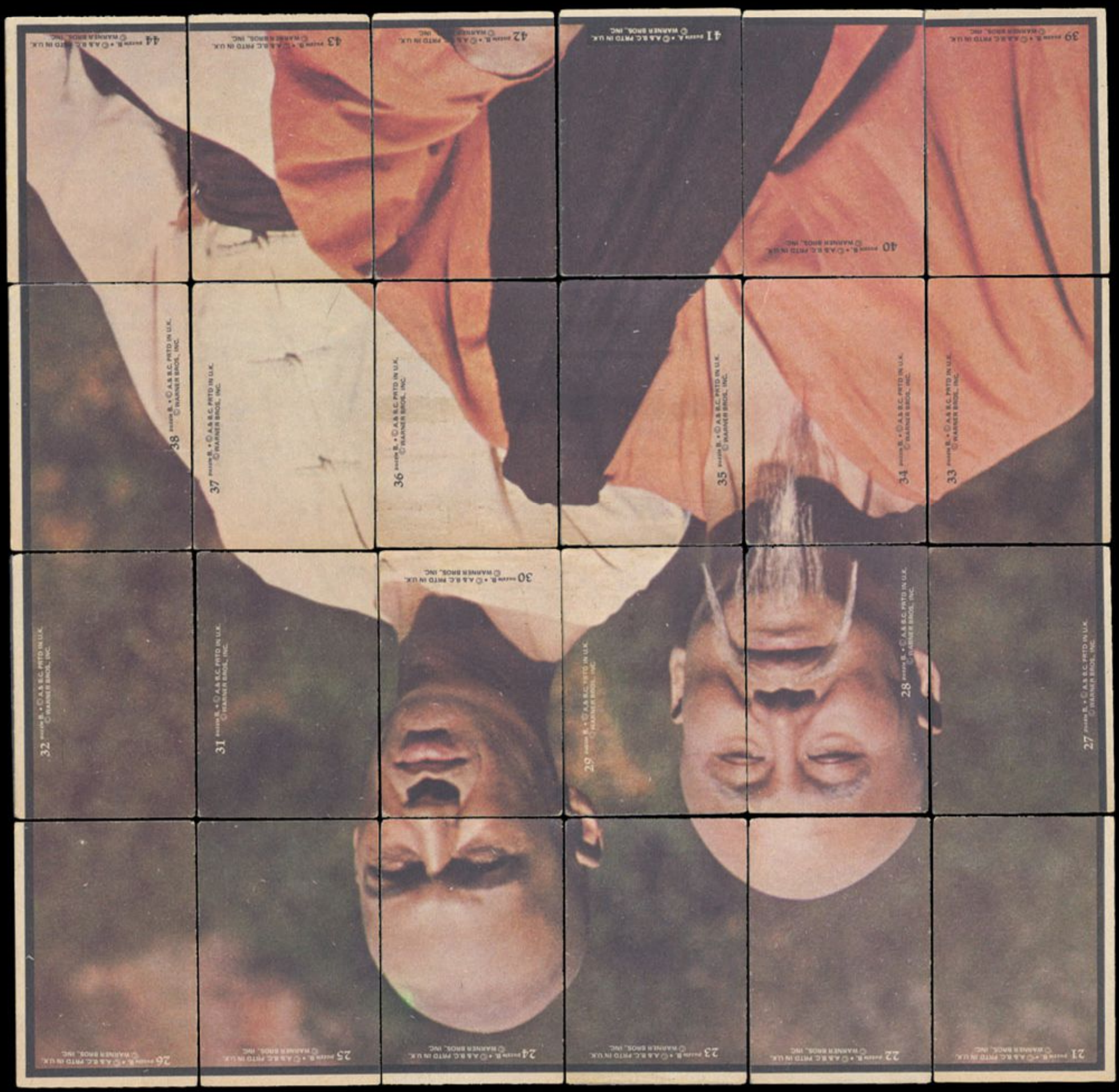
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